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FINDING THE NEXT CHEZ SOPHIE

St. Boniface Coun. Matt Allard stands in front of the now-defunct Chez Sophie on Esplanade Riel. Allard says he still believes a restaurant can work on the bridge — but it has to be the right one. Story, page 5. SHANE GIBSON/METRO

Mayor denies having known Carlton details

CentreVenture.
Bowman refutes claim that his chief of staff was sent email by CEO

BERNICE PONTANILLA
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Flanked by members of his executive policy committee, Mayor Brian Bowman refuted claims Tuesday made by the former head of CentreVenture that he knew details on the plans for the site of the Carlton Inn months ago.

Bowman held the press conference in response to a Winnipeg Free Press article in which Ross McGowan, the former president and CEO of CentreVenture, said he sent an email on Nov. 20 to Bowman's chief of staff Jason Fuith "outlining the terms and conditions of the option with True North."

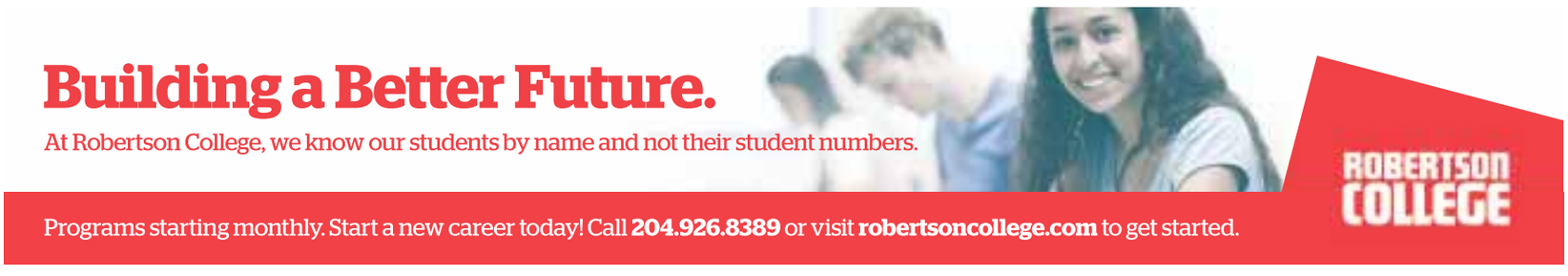
Bowman said his staff has searched for the email and hasn't found it.

"What we did receive was an email from the administration that contained some of the information and not all. We still don't have all of the facts," he said, adding that strict confidentiality provisions don't allow him to provide all of the information he'd like to Winnipeggers.

Bowman also rebutted another McGowan claim, that Fuith attended a meeting on Dec. 12 where a project video was shown.

"The video was shown, but it's unclear whether or not that related to 220 Carlton or 225 Carlton or some other property downtown," he said, referring to development plans True North has for the adjoining property.

CentreVenture, which paid $6.6 million for 220 Carlton St. and has an option agreement with True North that expires in June, was told by city council on Jan. 28 to begin an expression-of-interest process for that site.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NEWS

Settling a stink over compost

Environment. Province moves in to remove Samborski materials; company manager likens action to 'theft'

SHANE GIBSON
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The Manitoba government has taken over removal of compost material from a Winnipeg business that's generated hundreds of odour complaints.

In a release sent to media Tuesday morning, Manitoba Conservation and Water Stewardship said it's exercising its authority under the Environment Act to clean up the Samborski Environmental Ltd. site in accordance with an environmental protection order.

"We'd given Samborski the opportunity to remove the existing compost that was here ... but that has not been done," said Manitoba Conservation's Don Labossiere at a press conference outside the south Winnipeg facility. "There's compost material that's causing a smell, it's impacting a lot of local people, and after five years enough is enough."

Samborski collects organic waste to produce compost, but more than 500 complaints have come in over the past five years from area residents about excessive odour.

A third party has been tendered to take the material to a properly licensed location at a cost of between $400,000 and $500,000, according to Labossiere.

Samborski general manager Paul Samborski told media that on top of being on the hook when the province looks to recoup the removal costs, the company is also losing roughly $500,000 worth of material to the third party, identified by Labossiere as BFI Canada Inc.

"This is theft; they're taking our material," said Samborski, noting the company is consulting with its lawyers. "They're essentially trying to shut us down."

Labossiere said Manitoba Conservation is enforcing a legally binding regulatory mechanism and is not breaking any laws.

The removal process is expected to wrap up by the end of February.

Samborski Environmental Ltd. general manager Paul Samborski speaks to media Tuesday morning as heavy-equipment operators hired by the province begin removing the business' compost material behind him. SHANE GIBSON/METRO

St. Boniface smell a provincial matter: Committee

Finding out the source of and what could be done about the stink in St. Boniface is a provincial matter, councillors on a city committee said Tuesday.

Local councillor Matt Allard, who brought forward the motion on "odours in Windsor Park and St. Boniface" to the property and development committee, said he plans to launch a formal complaint to the Manitoba government and encourages others to do so as well.

"My understanding now is that the province is the one who issues these environmental licenses, and smells are part of the application process for licensing," said Allard during a scrum with reporters.

"I think, to some extent, people are just used to (the smell) and it's not necessarily the best thing to be experiencing."

Allard made a pitch for his motion during the committee meeting, adding that the smell has been an ongoing issue for his entire lifetime.

Coun. Russ Wyatt, who is a member of the committee, was quick to tell Allard to go to the province.

Wyatt said he experienced a similar situation back in 2005 and 2006, when the OlyWest hog-processing plant was proposed for his Transcona ward.

BERNICE PONTANILLA/METRO

Sources of odour

A spokesman from Manitoba Conservation said two of the major sources of odour in St. Boniface come from the Loveday Mushroom plant on Mission Street and Darling International on Dawson Road. He said both companies have co-operated "fantastically" with the province and each has spent "six or seven figures" over the years in trying to mitigate odours.

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Liam Martin, Premier Greg Selinger's former chief of staff. The details of Martin's severance pay have been released after the Tories obtained documents under the province's freedom-of-information law. TWITTER

$146K severance for ex-NDP staffer

Politics. Opposition wants release of full list of packages for those who left in caucus revolt

Manitoba taxpayers gave Premier Greg Selinger's former chief of staff $146,047 in severance pay when he parted ways with the government last November, documents obtained by the Opposition Progressive Conservatives show.

Liam Martin had been on the job for about two-and-a-half years when he left. He was one of many political staffers who departed after a caucus revolt erupted. The Tories questioned how many other severance packages are being paid out as a result of the NDP government's infighting.

"There's no question there is going to be an additional cost because of the (NDP) family feud, and we know who's going to pay for it. It's not going to be the NDP; it's going to be the taxpayers," Tory house leader Kelvin Goertzen said.

The Tories obtained Martin's severance pay under the province's freedom-of-information law and called on the government to release a full list of severance packages for senior staff.

Goertzen also pointed to the fact that Selinger has hired a replacement for Martin and also two new advisers who have been seconded from unions: principal secretary Heather Grant-Jury and deputy principal secretary Paul McKie.

"These are additional costs," Goertzen said.

No one in the premier's office was immediately available for comment Tuesday, but Selinger had earlier said his new advisers were filling positions that had been vacant long before the leadership turmoil erupted.

As for Martin's severance, it appears to be in line with a common formula used by government for senior staff — one year's pay plus unused vacation time and overtime.

Martin's severance pay is slightly above the $132,000 salary he earned when he was first hired in 2012. His predecessor, Michael Balagus, earned $159,000 a year and received severance pay of $180,000 when he left.

THE CANADIAN PRESS

Ouellette one step closer to Liberal nomination

An aboriginal candidate who won praise for his mayoral campaign in Winnipeg is one step closer to becoming a federal Liberal candidate.

Robert-Falcon Ouellette is seeking the Liberal nomination in Winnipeg-Centre, a seat currently held by New Democrat Pat Martin.

The only other nomination candidate so far, Allan Wise, has announced he is dropping out of the race.

Wise says he thinks the inner-city riding would be well-represented by an indigenous person and that more aboriginals should be in Parliament.

Ouellette, 38, was something of a Cinderella story in last October's mayoral race.

With no organization or party backing, he finished a strong third with 16 per cent of the vote and gained attention for speaking about poverty and race issues.

Wise said he is stepping aside willingly and was not under any pressure to do so.

"I think it's the right thing to do, to make sure that the voice of those who haven't been heard in the past will be heard," he said Tuesday.

"I work in community development in the core area, and some of the things I hear from folks — for example, at the school level even — is 'How is it that the management of the school or the teachers that teach our children are not really reflective of the actual population that lives in the area?'"

No date has been set for the Winnipeg Centre nomination meeting.

Wise, who carried the Liberal banner in the 2011 election, said he is not certain yet whether he will work for the Liberals in the next election.

"For now, I'm just going to take some time off to reflect."

THE CANADIAN PRESS

Quoted

"I think it's the right thing to do, to make sure that the voice of those who haven't been heard in the past will be heard."

Allan Wise, former Liberal candidate for Winnipeg Centre, on dropping out of the race to represent the Grits

Outdoor activities

The Forks ice trail reaches St. Vital

Winnipeg's Red River Mutual Trail now stretches from The Forks to St. Vital.

"The Red River Mutual Trail has never extended this far down the Red River, and we're excited to connect those communities to Winnipeg's downtown," said Paul Jordan, CEO of The Forks, in a release. "There is still a lot of winter ahead of us, and it's a great way for Winnipeggers to get outside and embrace it."

The trail, which typically opens around the end of December or start of January and closes at the end of February or start of March, is now 6.1 km long. METRO

Philanthropy

Assiniboine Park Conservancy gets big donation

A Montreal-based holding company has given the Assiniboine Park Conservancy's Imagine A Place campaign $500,000.

The donation from Power Corporation of Canada will be recognized in the indoor seal-viewing window in The Journey to Churchill exhibit's Gateway to the Arctic building.

The money brings the Assiniboine Park Conservancy's fundraising efforts to over $130 million of their $200-million goal. METRO

Concert announcement

Journey to do it anyway you want it in Winnipeg

Journey is making the trek to Winnipeg.

The American rock band famous for everybody's karaoke favourite Don't Stop Believin' will kick off a Canadian tour at the MTS Centre on July 6.

Tickets for the show go on sale Feb. 27, but a special pre-sale has already begun through journey-music.com. METRO

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Happy City author Charles Montgomery will speak in Winnipeg this Thursday. He will deliver the keynote address at the Canadian Association of Planning Students conference. CONTRIBUTED

Urban planning key to happy city: Expert

Infrastructure. Author Charles Montgomery says the contentment of people living in cities is dependent on their surroundings

Quoted

"Our cities — in architecture, in public space, in road systems — change the way we feel, change the way we move and change the way we treat other people in ways that most of us don't even realize."

Charles Montgomery, "urban experimentalist" and author of Happy City: Transforming Our Lives Through Urban Design

Between dealing with boil-water advisories and critical headlines in national media, Winnipeggers aren't exactly a happy bunch right now.

But "urban experimentalist" Charles Montgomery hopes to show the city how better planning and design can put a smile on citizens' faces and add a few extra years onto their lives.

Montgomery, author of the book Happy City: Transforming Our Lives Through Urban Design, is in town Thursday to deliver a keynote address at the Canadian Association of Planning Students conference and to meet with urban planners, activists and politicians.

"Our cities — in architecture, in public space, in road systems — change the way we feel, change the way we move and change the way we treat other people in ways that most of us don't even realize," he said.

While many people move to the suburbs because they feel it's altogether safer, Montgomery pointed out research shows living in car-dependent neighbourhoods actually decreases a person's lifespan by three to five years.

"There's a direct correlation between commute time for drivers and their happiness," he explained. "And they're not just unhappy with their commutes but with their lives."

In addition to making us happier and healthier, Montgomery suggested better design could even help the city address issues like racism and poverty.

"Design alone isn't going to solve the problems with inequity in Winnipeg," he said. "However, the first step toward building trust in society is meeting face-to-face. So absolutely, environments that allow us to meet face-to-face with people who aren't like ourselves is the first step." COLIN FAST/FOR METRO

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Cyberbullying. Schools keeping an eye on Yik Yak

Winnipeg educators and cyberbullying experts are keeping a close eye on a popular anonymous messaging app that's creating controversy on university and high-school campuses across North America.

Yik Yak allows users within a 2.5-kilometre radius to post, read and vote on comments without using names or any form of identification.

The app was used by pranksters to plan several false fire alarms at high schools in Ottawa two weeks ago, sparked protests at Colgate University last fall over a series of racist posts and was used for cyberbullying attacks at schools in B.C. and P.E.I.

Officials from the Winnipeg and River East Transcona school divisions confirmed they're keeping an eye on Yik Yak, while the St. James-Assiniboia division has blocked the app from its Wi-Fi networks.

"These types of apps are popping up all over the place," said Christy Dzikowicz of the Canadian Child Protection Centre. "When you attach any kind of location-based service to an app that's used by children, that raises all sorts of red flags."

Dzikowicz recommended schools take advantage of Yik Yak's offer to block access on campus and said parents should talk to their children about how messaging apps can be abused.

However, several anonymous users defended the service, with comments like "everyone's so supportive here" and "there are people looking for true love in the reply section."

Messages posted around Winnipeg schools this week included comments about Ebola in the water supply, requests for Netflix recommendations and many, many complaints about early morning classes.

COLIN FAST/FOR METRO

Stay updated

Parents can stay on top of the latest websites and apps potentially being used for cyberbullying by subscribing to CyberTip.ca.

City still on lookout for year-round tenants at former Chez Sophie site

Norm Gousseau of Entreprises Riel says city officials should consider eight- or 10-month leases for the Esplanade Riel restaurant site. BERNICE PONTANILLA/METRO

Esplanade Riel. Area economic development agency CEO says council should consider shorter leases for the location

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Councillors are renewing their commitment to finding a year-round tenant — or tenants — for the restaurant space on Esplanade Riel after the departure of Chez Sophie.

Coun. John Orlikow, who chairs the property and development committee, said he believes the city should embark on an expression-of-interest process for the site.

"Let's engage the community, let's see who's out there, let's look for a restaurant," Orlikow said Tuesday. "I think it's important to have some eatery there — if it's not a full restaurant, a pop-up restaurant."

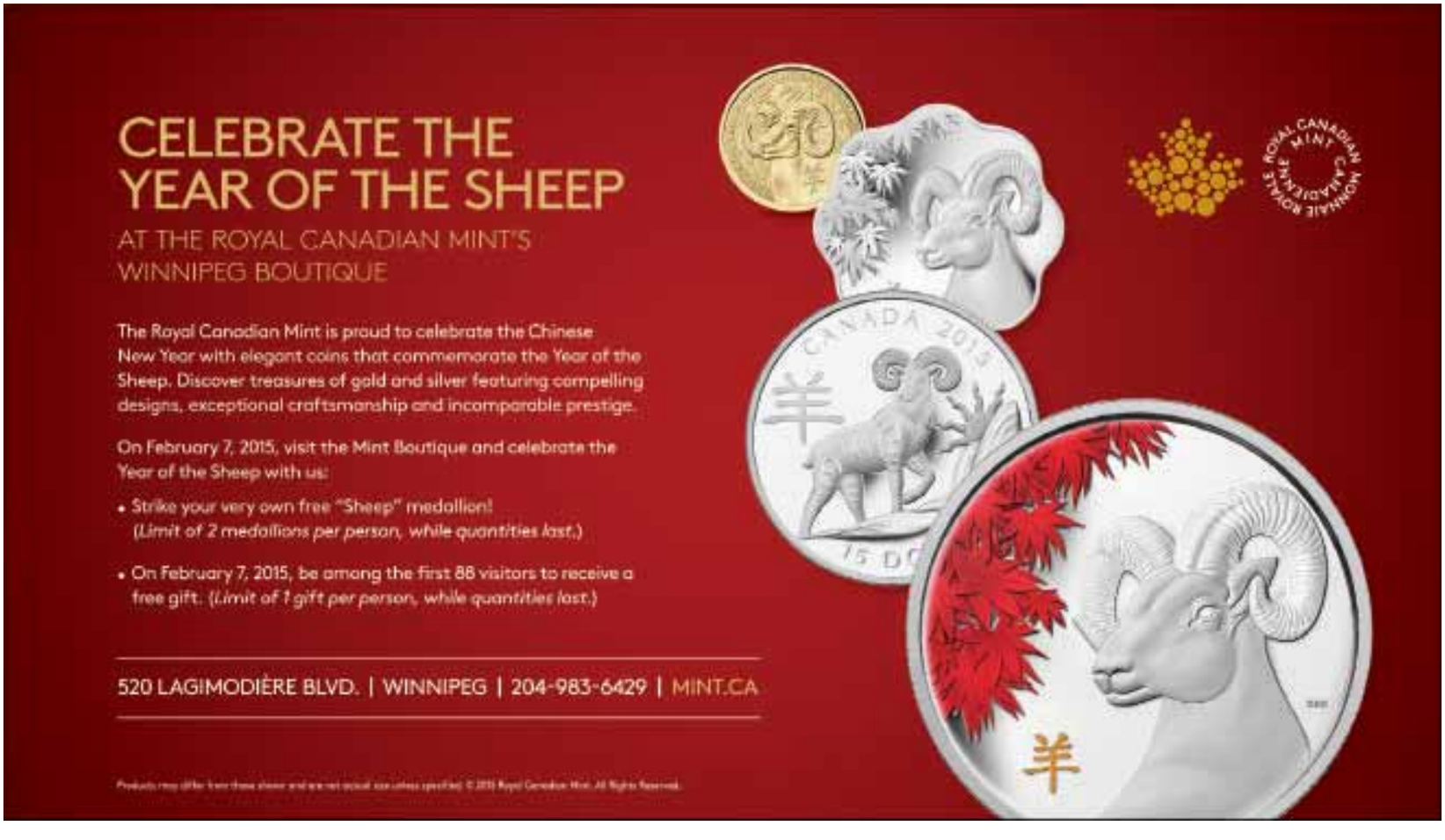
Both Orlikow and St. Boniface Coun. Matt Allard expressed support for finding a tenant or tenants that could use the space through the winter.

Allard added that the city might need to consider tax breaks to make the site more appealing, since it doesn't have parking and there was conflicting information as to whether the sidewalk is plowed.

"Perhaps the city does have to look at some of these operating costs. I know that they were cited by the business owner in terms of being one of the reasons that they had to close," Allard said. "We should really put all options on the table and look at the site and what's the best possible use for the site, because it is a beautiful public amenity and I think we just need to find the right fit."

Norm Gousseau, CEO of the Entreprises Riel economic development agency, said "there's nothing normal" about the site and that eight- or 10-month leases should be considered.

"We should all be concerned with the success of that site," Gousseau said.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RCMP arrest Awso Peshdary on terrorism-related charges

National security. Peshdary was previously swept up in a separate probe in August 2010

The RCMP have arrested Awso Peshdary, 25, and charged him with a number of terrorism-related offences including conspiring with John Maguire, a former University of Ottawa student who made headlines with a video supporting ISIL and warning of, and encouraging, further attacks on Canada.

Peshdary is in police custody, faces four charges and is expected to appear in a bail court in Ottawa on Wednesday. He is facing charges of participating in, conspiring to participate in and facilitating the activity of a terrorist group.

Khadar Khalib, 23, who is also believed to be overseas, is charged with leaving Canada to participate in, counselling a person to participate in and conspiring to participate, or to contribute in an activity of a terrorist group.

"These charges speak to our ability to tackle a threat that is multifaceted and constantly evolving," assistant RCMP commissioner James Malizia said in a statement.

"Through collaborative efforts with our partners, we were able to disrupt an organized network associated with (ISIL). This network was involved in recruiting individuals for terrorism purposes and in sending them into Syria and Iraq for the benefit of this terrorist group."

News of Peshdary's arrest was released at a news conference in Ottawa Tuesday afternoon.

Despite reports that Maguire had been killed in fighting in the middle east, RCMP say they have no information to substantiate those reports.

Peshdary's defence lawyer, Richard Morris, slammed the RCMP's disclosure, saying they revealed more information to the press than they did to him.

He said he received a phone call that his client had been arrested and was read four charges over the phone but given no other information about the case.

LUCY HAINES/METRO IN OTTAWA, WITH FILES FROM THE CANADIAN PRESS AND TORSTAR NEWS SERVICE

Chief Superintendent Jennifer Strachan Criminal Operations Officer RCMP O Division announces during a news conference in Ottawa on Tuesday that the RCMP have laid terror charges against three people. SEAN KILPATRICK/THE CANADIAN PRESS

John Baird resignation creates hole at home

Foreign Affairs Minister John Baird rises in the House of Commons Tuesday in Ottawa to announce he will step down from his position. THE CANADIAN PRESS

One of Stephen Harper's most experienced ministers resigned his plum foreign affairs post Tuesday, leaving a void around the Conservative cabinet table at a critical juncture in both domestic and international affairs.

John Baird was a prominent voice for Canada on the world stage and a multi-faceted lieutenant for Harper; his departure leaves many wondering who can carry the ball amid upheaval abroad and an election on the horizon at home.

The only one who seemed upbeat about the state of things was Baird himself.

"Last night, I spoke to the prime minister and informed him that I was standing down from cabinet," Baird told a hushed House of Commons.

"I will miss this place very much and many of the people in it, on all sides, but the time has come for me to start a new chapter in my life."

Baird said he has no plans to run for re-election and will surrender his seat — he represents the Ottawa riding of Nepean — in the coming weeks.

Trade Minister Ed Fast will stand in for Baird at Foreign Affairs.

In a statement that was, oddly, delivered only on paper and not in person, Harper said he accepted Baird's resignation "with great regret and affection."

"John has always been willing to do a lot of the heavy lifting in my various cabinets and has assumed daunting new responsibilities with unsurpassed energy, commitment and professionalism, never losing sight of the fact that he was serving the Canadian people."

Though Baird took on Foreign Affairs with the same bulldog bravado that characterized his 20 years in politics, his views grew nuanced over time, leading to a softer touch on some files than the prime minister wanted, Conservative sources said.

THE CANADIAN PRESS

Measles virus makes return

Between the Disneyland outbreak and this week's revelation that measles has popped up in Toronto, a virus that Canada and the United States wiped out over a decade ago is firmly back in the news.

The measles virus has not circulated in either country since the late 1990s.

When the virus is detected it means it's been imported — by a resident who contracts measles while travelling, or an infected person visiting the country. Then the highly contagious virus can spread among those who are not immunized.

What is behind the apparent recent increase in measles activity?

The U.S. had more measles cases in January (102) than it had in most entire years between 2001 and 2010. Canada has recently had several large outbreaks too, one involving 678 cases in Quebec in 2011 and another of over 400 last spring in British Columbia.

Why, when there is an effective — and free — vaccine available to all Canadian kids, are children and adults still coming down with a nasty disease that can progress to pneumonia, trigger brain damage or deafness, and even death?

Miami Children's Hospital Dr. Amanda Porro administers a measles vaccination to Sophie Barquin, 4. GETTY IMAGES

The fundamental answer is that some parents don't vaccinate their children. But what is really driving multi-case outbreaks is clustering, experts suggest. THE CANADIAN PRESS

Montreal imam rejects claim he's a radical agent

The Montreal Islamic preacher denied a permit to open a community centre says he's being unfairly demonized and rejects accusations he's inciting violence and hatred.

Hamza Chaoui said Tuesday in a posting on his Facebook page that he "categorically refutes" claims made against him by city officials.

Montreal Mayor Denis Coderre said Saturday that the imam was an "agent of radicalization" who had the potential to influence youth to commit acts of violence.

Real Menard, the local borough mayor, denied a permit to Chaoui, who'd hoped to open an Islamic community centre in the area.

Although Chaoui had not formally applied for the permit, the city made a preemptive decision to deny it for security reasons, in response to published reports about him.

Chaoui is a Moroccan-born imam who has described Islam and democracy as "completely" incompatible and has made statements deemed homophobic and sexist.

But Chaoui said those comments about homosexuals and women were "taken out of context," adding that the subject of his sermons are based in Islamic texts, which are similar to the teachings of Christianity and Judaism.

THE CANADIAN PRESS

Jordan vows revenge after ISIL kills pilot

Middle East. Video purports to show Lt. Al-Kaseasbeh burned alive in a cage

Anwar al-Tarawneh, centre, the wife of Jordanian pilot, Lt. Muath al-Kaseasbeh, holds a poster of him. An online video that bears the logo of the militant group's media service purportedly shows the pilot being killed. RAAD ADAYLE/THE ASSOCIATED PRESS

Militants from the Islamic State of Iraq and the Levant (ISIL) put to death a captured Jordanian fighter pilot by burning him alive in a cage, according to a video the group released Tuesday.

Jordan's military confirmed the death of Lt. Muath Al-Kaseasbeh, who was captured by the extremists in December when his F-16 crashed while he was flying a mission as part of the U.S.-led air campaign against ISIL.

Jordanian TV said the pilot was killed as long ago as Jan. 3. In the past week, the militants had not responded to demands by Jordanian authorities to deliver proof the airman was alive so a prisoner swap could be made. The killing of the 26-year-old pilot appeared aimed at pressuring the government of Jordan — a close U.S. ally — to leave the coalition that has carried out months of airstrikes targeting ISIL positions in Syria and Iraq.

King Abdullah II broadcast a speech on Jordanian TV on Tuesday evening, confirming the pilot's death "with sorrow and anger," and urging his countrymen to unite.

Execution

Jordan may now go ahead with the execution of Al-Rishawi, 44, who faces death by hanging for her role in the bombings of three Amman hotels in 2005.

- Al-Rishawi, an Iraqi national, has close family ties to the Iraqi branch of al-Qaida, a precursor of the Islamic State of Iraq and the Levant.

Jordanian officials said the country would response swiftly and decisively.

"Our punishment and revenge will be as huge as the loss of the Jordanians," said the spokesman of the armed forces, Mamdouh al-Ameri.

The 20-minute video purportedly showing the pilot's killing was released on militant websites and bore the logo of the extremist group's al-Furqan media service. The clip featured the slick production and graphics used in previous ISIL videos.

The video, which could not immediately be confirmed independently by The Associated Press, threatened other purported Jordanian pilots by name.

Jordan has made clear that the hostage crisis will not prompt it to leave the U.S.-led military coalition against the Islamic State group.

"We now all know in Jordan, beyond any doubt, how barbaric ISIS is," said al-Momani, the government spokesman. "Whoever doubted the unity of Jordan will now be proved wrong. Whoever doubts Jordan's stern and lethal response will be proved wrong."

Experts are divided over whether Jordan faces a greater threat from extremists outside its borders or from those within. In recent months, there have been signs of greater support for the Islamic State of Iraq and the Levant's ideas among Jordan's young and poor. Last year, the government intensified a crackdown on ISIL sympathizers and the al-Qaida branch in Syria.

THE ASSOCIATED PRESS

Argentina. Dead man asked for president to be arrested

Investigators examining the death of a prosecutor who accused Argentine President Cristina Fernandez of agreeing to shield the alleged masterminds of a 1994 terror bombing said Tuesday they have found a draft document he wrote requesting her arrest.

Chief investigator Viviana Fein said the draft detention request was found in a trash bin of the apartment where Alberto Nisman's body was discovered on Jan. 18. It was not included in a complaint Nisman had filed in federal court days earlier.

Nisman was found dead of a gunshot wound in his bathroom hours before he was to appear in Congress to detail his allegations that Fernandez agreed to protect those responsible for the 1994 bombing of Buenos Aires' largest Jewish community centre. The attack, which killed 85 people, remains unsolved.

Fernandez has dismissed the allegations against her. Fein at first denied the existence of the document requesting the president's arrest after Argentina's Clarin newspaper published an article about it on Sunday. Cabinet chief Jorge Capitanich ripped up the article in front of reporters on Monday and said it was a lie produced by the "opposition media."

But Clarin then published a copy of the draft, which was dated from June 2014. It said Nisman also had considered requesting arrest orders against Fernandez's foreign minister, Hector Timerman, and other officials in the government. The final complaint Nisman submitted to judicial authorities called for Fernandez and Timerman to face questions in court instead.

Conspiracy theories have swirled around Nisman's death since his body was found. Authorities initially said he likely committed suicide, but his supporters insist the prosecutor would not have killed himself and even Fernandez has said that, contrary to initial findings, his death could not have been a suicide.

THE ASSOCIATED PRESS

Argentina's President Cristina Fernandez. Investigators examining the death of prosecutor Alberto Nisman say they have found a draft document he wrote requesting the president's arrest. THE ASSOCIATED PRESS

New York

Six dead, 12 injured in train collision

A commuter train slammed into a sport utility vehicle stuck on the tracks Tuesday evening, killing six people, mostly on the train, and injuring at least 12 others, authorities said.

The northbound train struck a Jeep Cherokee at a railroad crossing in Valhalla, about 32 kilometres north of New York City, Metro-North Railroad spokesman Aaron Donovan said. The SUV's driver and five people aboard the train were killed, he said.

Metro-North is the nation's second-busiest railroad, after the Long Island Rail Road. It was formed in 1983. It serves about 280,000 riders a day in New York and Connecticut.

THE ASSOCIATED PRESS

Crime

Man convicted over 'revenge porn' site

A San Diego man has been convicted of running a "revenge porn" website, where people posted nude pictures of their ex-lovers, who then had to pay the man to take down the images.

Kevin Bollaert, 28, was found guilty Monday of 27 counts, including identity theft and extortion, and faces up to 20 years in prison. The San Diego County Superior Court jury was unable to reach verdicts on two charges of identity theft and conspiracy, and a judge declared a mistrial on the counts.

THE ASSOCIATED PRESS

UN

Court clears Croats, Serbs of genocide in 1990s war

The United Nations' top court ruled Tuesday that Serbia and Croatia did not commit genocide against each other's people during the bloody 1990s wars sparked by the breakup of Yugoslavia.

The International Court of Justice said Serb forces committed widespread crimes in Croatia early in the war, but these did not amount to genocide.

Both countries expressed disappointment that the court had rejected their claims but said it is time to move on.

THE ASSOCIATED PRESS

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Manitoba Public Insurance

Beverages

Coke looking to milk new category

Coke is coming out with premium milk that has more protein and less sugar. And it's betting people will pay twice as much for Fairlife as Americans turn away from soft drinks and seek out some type of functional boost from their food and drink, whether it's more fibre, antioxidants or protein.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 80.67¢ (+1.16¢)

TSX 15,062.77 (+162.30)

OIL $53.05 US (+$3.48)

GOLD $1,260.30 US (-$16.60)

Natural gas: $2.754 US (+7.4¢)
Dow Jones: 17,666.40 (+305.36)

Space tourism. Virgin Galactic turning corner

The only thing interrupting one of New Mexico's most remote stretches of desert is a pristine runway where Virgin Galactic plans one day to launch the world's first commercial space-line.

In the four years since its completion, however, the runway has seen little use: just promises, year after year, that it would shuttle passengers to the edges of Earth.

Virgin Galactic had proclaimed 2015 was finally going to be the year. That was until its rocket-powered spacecraft broke apart during a test flight last fall, killing one pilot and igniting speculation about the future of commercial space tourism and Spaceport America.

Virgin Galactic CEO George Whitesides said things are on track now and testing will take off again this year. Virgin Galactic's manufacturing crew is about two-thirds done with building a new spacecraft, and the operations team is ramping up for a test-flight program that will serve as one of the last major hurdles to getting off the ground.

Christine Anderson, executive director of the New Mexico Spaceport Authority, at the end of the taxiway at Spaceport America in Upham, N.M. THE ASSOCIATED PRESS

Christine Anderson, the head of New Mexico's Spaceport Authority, pointed to the ill-fated Apollo I test launch and the 1986 Challenger explosion as examples of space exploration efforts that resulted in tragedy. Still, astronauts and scientists pushed on — and, she said, those backing Virgin Galactic and Spaceport America are doing the same.

"We have invested $218 million, so there's absolutely no reason to stop now," she said. THE ASSOCIATED PRESS

The city at the heart of Canada's oilsands is no ghost town, but things have slowed down a bit in Fort McMurray, Alta.
THE CANADIAN PRESS FILE

Oilsands cutbacks hard on contractors

Fort McMurray. City's shadow population who fly in and out on jobs are likely most affected, says expert

Roman Skowroniski would go back home to British Columbia if he thought the job prospects there were any brighter. But, for the time being, the heavy-equipment operator will keep trying to make a go of it in "Fort Mac."

Most of the time, Skowroniski is able to land short-term jobs through his union but he's had little success lately.

Most livelihoods are in one way or another tied to the oilsands in Fort McMurray, Alta. Downtown, after work, overalls and steel-toed boots far outnumber suits and ties.

The impact of crude's sharp slide wasn't readily evident in the city in late January. Most people who live there permanently continue to have steady jobs at mines north of town or at businesses that serve that clientele.

Based on past experience, many Fort Mac denizens see the current situation as temporary.

"In two years it's going to turn around, big-time," said Mike Beaulieu, who works at Shell Canada, which has cut some of its oilsands staff.

His colleague, Jaimie Caines, recalls: "(In) 2009 this happened, too, and everyone was worried. It'll blow over eventually."

But Fort McMurray and the surrounding region has a large "shadow population" — 39,271 out of a total population of 116,407, according to the 2012 municipal census. Those folks may officially reside elsewhere in Canada but fly in and out of site to work for weeks at a time. While on the job, they stay at lodges — many well-appointed with gyms, theatres and other perks — largely bypassing the city itself.

"I think that's the group that's probably been affected the most by any slowdown," said Nick Sanders, president of the local chamber of commerce. "From our perspective, that's a pretty good business decision for the oilsands companies to make. You don't want to start laying off the people in Fort McMurray because they've made that long-term commitment to the community."

Heavyweights such as Suncor Energy Inc. and the Syncrude Canada Ltd. consortium continue to dig up bitumen. But with crude prices slumping below $50 US a barrel for most of the year, so far expansions and new projects are in question, affecting short-term construction jobs.

THE CANADIAN PRESS

Jobs

1,000

Suncor Energy has announced a $1-billion reduction in spending and has said it will cut 1,000 positions — mostly contractors.

University of Manitoba

Richardson Centre for Functional Foods and Nutraceuticals

Improve Your Blood Cholesterol with foods consisting of Canola Oil, Barley Fibre & DHA

ABOUT US

The Richardson Centre for Functional Foods and Nutraceuticals (RCFFN) is conducting a nutrition study to investigate the effects of novel supplement foods consisting of Canola Oil, fibre and DHA to improve heart health.

PARTICIPATE

Volunteers who meet the following criteria are invited:
✔ Generally healthy men and women ✔ Age 18-70
✔ Non Smoker ✔ Overweight

Participants will be compensated for their contribution to this study. Supplement foods will be provided for daily intake upon participation.

If interested, please call: (204) 890-8793
Or email at canola.fiber@umanitoba.ca • www.rcffn.ca
Dr. Peter Jones, Principal Investigator

Man pleads guilty to selling fake urine

An Ohio man who sold fake urine and other products meant to help people pass workplace drug tests has pleaded guilty before a federal judge in Pennsylvania.

David Neal, 61, of Middletown, Ohio, pleaded guilty to conspiracy to defraud the United States and introduction of misbranded drugs into interstate commerce. He faces up to six years in prison when he returns to Pittsburgh for sentencing May 13.

U.S. Attorney David Hickton said Neal sold illegal substances online beginning in 2006 through his company, ACS Herbal Tea. Some of the products, including Magnum Unisex Synthetic Urine and Urine Luck, were designed to thwart tests such as those used by the U.S. Department of Transportation to screen airline pilots, truck drivers and train engineers as well as FBI agents.

THE ASSOCIATED PRESS

French pastry chef touts 'essence of the product'

Pascal Rigo talks with Metro News about his new venture with coffee giant Starbucks. Rigo's food aims to marry quality ingredients and mass production, with authenticity as the goal.

ROSEMARY WESTWOOD
Metro in Toronto

Meet Pascal Rigo: the pastry evangelist who's coming to Canada determined to put a classic French twist on mass-produced food.

A man of gusto and expressive hand gestures, Rigo will be filling Starbucks stores in Ontario and British Columbia with his La Boulange French pastries and sandwiches, starting March 3. The rest of the country will see his croissants in cafés by July.

He wants to disprove the common theory that fast food is low in quality. He likes the words "pure" and "simple" and fawns particularly over his ingredients.

In a $100-million deal, Rigo went from serving 16,000 people at 20 San Francisco cafés to entering the lives of 45 million people a week after his company was bought by Starbucks in 2012.

"What can we do that's really, really good, and how can we share it with as many people as possible?" he said, with boundless energy in his voice and his eyebrows up to his hairline.

The solution, he said, was found in freezers.

His croissants, danishes and scones — already available in U.S. stores — are frozen the moment they come out of industrial ovens, individually wrapped and put in cartridges for transport and storage until they're sold.

"We capture the essence of the product at the end of baking and we seal it," he said.

Rigo hesitated to criticize the current Starbucks pastry lineup but he did note that, compared to his creation, the existing croissant "just doesn't smell like butter."

Starbucks has made a "substantial investment" by putting freezers in all of its cafés to store the pastries, a spokesperson said.

The pastries take 15 seconds to warm up ("and wake up the butter") — about the time it takes to make a latte — and sell for a slightly higher price than the current product line, averaging about $2.45.

Pascal Rigo DAVID VAN DYKE/METRO

As for the prospect of competing with Tim Hortons, Rigo seemed unperturbed.

"I was not sure how nice the baby will look," he quipped of the recent merger between Tim Hortons and Burger King.

The corner bakery and French grandmothers are his real competition, he said.

To pull it off, he's building a network of smaller producers — B.C. blueberries, California almonds and Oregano peppermint — eschewing another well-held notion that local is best.

"It could be local and crap," he said with characteristic French frankness.

Starbucks won't be offering all the same products in every store, either. It's selling pastrami sandwiches in New York City and goat cheese-and-zucchini croissants in San Francisco.

Not even all croissants will taste the same coast to coast, Rigo said, warning that perfection isn't the goal — authenticity is.

All that from a man also keen to push the idea that mechanization is not innately bad, even for a foodie.

"The machine is fine; it's what you feed the machine with," he said.

In a world where prepacked and processed foods reign, it's a big mission for a man who began baking as a child in the small village of Paillet, France, before moving to the U.S., building a popular café franchise and selling it to the biggest name in coffee for many millions.

"I asked for way more than that," he said, laughing. "You've got to start high."

The French bakers he learned from would no doubt agree: Rigo's artisan-for-all mission is a lofty one.

Quoted

"There are good cronuts and bad cronuts. I think you can invent everything in the world, but you have to start somewhere, and for us it's the ingredients."

Pascal Rigo, when asked about the value of pastry trends

Anatomy of a pastry favourite

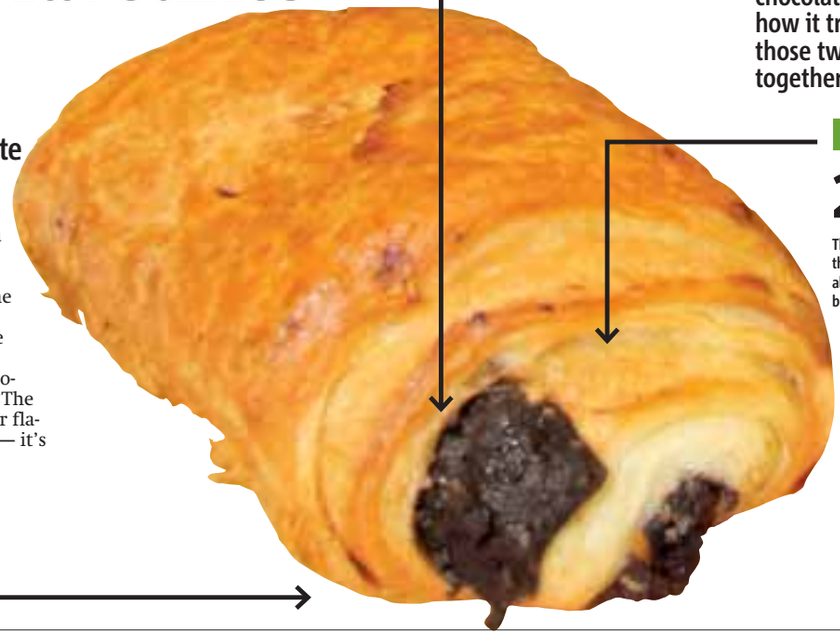
Chocolate croissant

Choosing a favourite is no easy feat

Asking Pascal Rigo to choose which pastry you should try first is like asking him to "choose between my children," he said.

But when pushed, the chocolate croissant won.

"It's an amazing chocolate croissant," he said. "The crunchiness of the butter flavour, or how warm it is — it's the authenticity."



All about chocolate

"When you eat it, think about the single-origin chocolate from Colombia, how it travelled and how those two things met together." Pascal Rigo

Layers of butter

24

The croissant has the flaky structure that comes from the proper 24 layers of all-butter dough and is baked to a golden-brown colour, Rigo noted.

Coffee or tea

Pair it with a drink

When it comes to pairing the chocolate croissant with a beverage, Rigo suggests Caffé Verona, Guatemala Antigua, Espresso Roast, Ethiopia or a Teavana Shaken Iced Black Tea.

DAVID VAN DYKE/METRO

Appeal to women

Menus to feature wine, beer and tapas

Starbucks baristas: make room for bartenders — and a carbonation station for teas and juices.

An evening menu of wine, beer and tapas will be launched at the coffee chain's locations in Canada's big cities by the end of the year, Starbucks Canada president Rossann Williams told Torstar News Service.

She said the company's aim is to appeal to women, who make up 60 per cent of Starbucks' customers and don't necessarily like to hang out in bars with their friends.

With coffee sales flat, the 44-year-old java giant is pushing into different areas as it faces stiff competition from fast-food chains serving coffee along with independent coffee chains popping up everywhere.

Williams said she expects new food options from French pastry chef Pascal Rigo, in particular, to be a big driver of sales and traffic for the chain.

"Millennial customers like quality," said Williams, who said her aim is to attract the next generation. "They have to make big changes, just like Tim Hortons did six or seven years ago when it started expanding its food menu," said Robert Carter, executive director of food service at NPD Group.

He said that with fast-food restaurant growth projected to slow down to one per cent over the next five years in Canada, there is "real room for Starbucks to steal customers" from Tims especially, which has a dominant 42-per-cent market share in fast food. Starbucks is stuck in fifth place in the so-called quick service restaurant business, he noted. TORSTAR NEWS SERVICE

Rossann Williams, new president of Starbucks Canada
TORSTAR NEWS SERVICE

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Lohans sue Fox for crack about Dina doing coke with Lilo

Be careful what you say about Lindsay Lohan, because apparently the perennially troubled actress is looking to keep her lawyers busy with something other than her probation hearings.

Lohan and her mother, Dina, are suing Fox News, Sean Hannity, and Michelle Fields for comments made during a Hannity episode exactly a year ago about the mother-daughter duo doing cocaine together, according to TMZ.

Their main complaint is that while Fox issued an apology, the video clip in question — from a segment about stars who could suffer similar fates to Philip Seymour Hoffman, in which Fields states, "Lindsay's mom is doing cocaine with her" — was not removed from the web, despite a request that Fox do so.

It's tough to decide who to root for in this one.

Boy Next Door Guzman's naked ambition on display

Sure The Boy Next Door did some respectable business at the box office, but if you're the non-J.Lo star of the film, your first concern should be keeping that fame game momentum going, right?

And Ryan Guzman knows just how to do that: Get naked.

The young actor posed nude — save for some carefully draped sheets — for Cosmopolitan U.K.'s March issue to raise awareness for Cancer Research U.K., because sure.

And just to make sure you feel weird about any dirty thoughts, he peppers the spread with some personal tragedy: "I lost my grandfather to cancer when I was 13," Guzman tells the magazine. "It's affected my life and I'll do everything I can to back cancer research." And he does apparently mean everything.

Ryan Guzman

Robin's widow and his kids go to court over estate

Efforts to settle Robin Williams' estate are getting messy, as his wife, Susan Schneider, is suing the late comedian's three children from previous marriages for removing items from the home she and Williams shared without her permission. But Williams' kids are countersuing, claiming Schneider is "adding insult to a terrible injury," according to the Associated Press. "The Williams children are heartbroken that (Schneider), Mr. Williams' wife of less than three years, has acted against his wishes by challenging the plans so carefully made for his estate," their attorney says in the filing.

Robin Williams and his wife Susan Schneider

METRO IS ADDING SOME 'HUSTLE' TO ITS SPORTS

Metro Winnipeg welcomes TSN 1290's Andrew 'Hustler' Paterson to its sports writing team.

Look for his new weekly feature '**View from the 300's**' exclusively in Metro News!

Every Thursday beginning February 5th!

metro

New Harper Lee novel features Scout as adult

Publishing. To Kill a Mockingbird author will release first work in more than 50 years

Harper Lee in a 2007 file photo
THE ASSOCIATED PRESS FILE

To Kill a Mockingbird will not be Harper Lee's only published book after all. Publisher Harper announced Tuesday that Go Set a Watchman, a novel the Pulitzer Prize-winning author completed in the 1950s and put aside, will be released July 14.

Rediscovered last fall, Go Set a Watchman is essentially a sequel to To Kill a Mockingbird, although it was finished earlier. The 304-page book will be Lee's second, and the first published work in more than 50 years. The publisher plans a first printing of two million copies.

"In the mid-1950s, I completed a novel called Go Set a Watchman," the 88-year-old Lee said in a statement issued by Harper. "It features the character known as Scout as an adult woman, and I thought it a pretty decent effort. My editor, who was taken by the flashbacks to Scout's childhood, persuaded me to write a novel (what became To Kill a Mockingbird) from the point of view of the young Scout.

"I was a first-time writer, so I did as I was told. I hadn't realized it (the original book) had survived, so was surprised and delighted when my dear friend and lawyer Tonja Carter discovered it. After much thought and hesitation, I shared it with a handful of people I trust and was pleased to hear that they considered it worthy of publication. I am humbled and amazed that this will now be published after all these years."

Financial terms were not disclosed. The deal was negotiated between Carter and the head of Harper's parent company, Michael Morrison of HarperCollins Publishers.

According to publisher Harper, Carter came upon the manuscript at a "secure location where it had been affixed to an original typescript of To Kill a Mockingbird." The new book is set in Lee's famed Maycomb, Ala., during the mid-1950s, 20 years after To Kill a Mockingbird and roughly contemporaneous with the time that Lee was writing the story. The civil rights movement was taking hold in her home state. The Supreme Court had ruled unanimously in 1954 that segregated schools were unconstitutional, and the arrest of Rosa Parks in 1955 led to the yearlong Montgomery bus boycott.

"Scout (Jean Louise Finch) has returned to Maycomb from New York to visit her father, Atticus," the publisher's announcement reads. "She is forced to grapple with issues both personal and political as she tries to understand her father's attitude toward society, and her own feelings about the place where she was born and spent her childhood."

THE ASSOCIATED PRESS

Quoted

"I hadn't realized the (original book) had survived, so was surprised and delighted when my dear friend and lawyer Tonja Carter discovered it."

Author Harper Lee

Mindy Kaling CONTRIBUTED

A TV couple that stays together

Plot. The Mindy Project doesn't take hackneyed will-they-won't-they approach to romance

LISA WEIDENFELD
Metro in Boston

The Mindy Project is attempting something bold for a sitcom: The main couple got together, and stayed together. Many shows take the Ross and Rachel route, and try will-they-won't-they couples before breaking them up (see: New Girl), but so far, Mindy and beau Danny have been working out their differences.

"Mindy's a very wild character and she has very strong opinions, but they both just kind of want to make it work," says show creator and star Mindy Kaling.

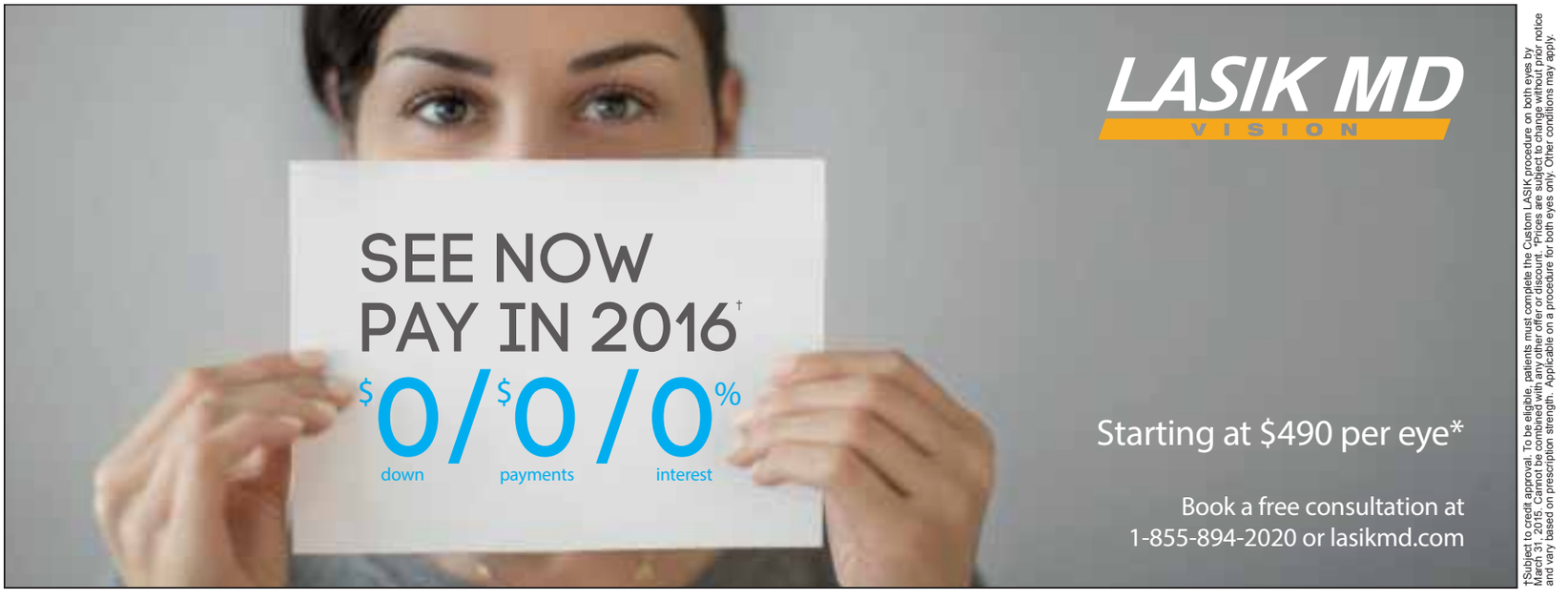
"Relationships work because people want to make it work even if they're difficult people. It also just makes them really entertaining."

The duo has faced such challenges as Danny's intensely close relationship with his mother and Mindy getting a little ahead of herself in terms of where their relationship is, but they're now facing their biggest challenge yet. Mindy accepted a fellowship on the West Coast, and they're now making it work long distance.

Asked if the show's writers intentionally decided to focus on Mindy's career now that her love life is relatively stable, Kaling jokes, "Thank you for giving us the credit to know that we've that planned out," then adds, "We just think, 'What's exciting to us?' Mindy had started taking interns under her wing, and I really liked that dynamic. I like when Mindy is bossy, but it's because she's competent, not because she's just being bossy."

Part of the fun of writing the relationship between Mindy and Danny has been letting co-star Chris Messina shine. "I feel like Chris used to be a straight man for my character in like the first four episodes. More and more, my favourite scenes are the ones where Mindy is like, 'Hey man, are you OK?' Where Mindy's the straight man," says Kaling.

"Chris is so talented. I love that in one episode he can be a complete heartthrob but then also a walking physical comedy set piece. It's awesome."



†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

How-to

Achieve travel exit velocity

1. Adopt the mindset that 'you can do it' rather than mentally shutting down your travel dream once you envision it.
2. Pick the best time of year to visit your destination, then assign it a month (and a year)
3. Buy the flights as soon as you are able, so that when travel time comes, they are paid off. (Can you use credit card points?)
4. Start a fund meant only for the trip, and set a weekly or monthly contribution goal.
5. Contribute all the extra funds you can: dividend, work bonus, piggy bank, $10 lottery ticket win — everything.
6. Research to find discount accommodation options (family-run B&Bs, hostels) so you can splurge elsewhere. DOUG WALLACE/METRO

New

La Reserve Paris Hotel and Spa

Occupying a mansion previously owned by French fashion designer Pierre Cardin, La Reserve Paris is a new 26-suite, 14-room gem off the Champs-Élysées on Avenue Gabriel. Facilities include a courtyard, library, spa and French restaurant, Le Gabriel. Belle Époque luxury is alive and well, with period furniture, luxe fabrics and regal colours. Go see how the other half lives. From $1,050. Visit lareserve-paris.com.
DOUG WALLACE/METRO, PHOTO: LA RESERVE PARIS

Deal

Reading week specials

Where are you heading for Spring Break? Recharge before final exams with a cool, value-oriented, high-energy, experience-loaded adventure from Contiki. Highlighted sunspots including Hawaii and Mexico's Yucatan Peninsula, or you can head for the hills to ski or snowboard in B.C., Alberta or Austria. Discounts abound if you pay in full well in advance. From $645. Visit Contiki.com.
DOUG WALLACE/METRO

Climbing peaks and dunes

The Southwest. This spring lace up your hiking shoes and head to Arizona and Texas for some challenging and scenic trails

In seven parks from Phoenix, Ariz., to near El Paso, Texas, you can wander across blindingly white sand dunes, climb on all fours over red boulders, trek to waterfalls deep inside a canyon, and play rockhound for a day. Here are some highlights not to miss this spring.

Saguaro Forests

Two-storey-high saguaros, ocotillo bushes tipped with scarlet blooms and blossoming palo verde trees border the steeply rising switchbacks on the first two kilometres of the Hugh Norris Trail in the western district of Saguaro National Park.

At the ridge top, falcons soar as dusk settles onto one of the densest concentrations of saguaros in the Sonoran desert, many more than a century old. In the distance stands Signal Hill, where the Hohokam people carved petroglyphs hundreds of years ago.

Although Tucson bisects the park's two districts, silence on the trail is unbroken.

Canyon swim

Deep inside Bear Canyon, seven waterfalls gurgled amid rocky walls studded with cactus. This 13-kilometre round-trip hike in Sabino Canyon Recreation Area, just north of Tucson, is a parade of Southwest wilderness bests: saguaro stands silhouetted against mountain peaks, a cottonwood-lined river gorge, and chilly rock pools, perfect for dipping battered feet.

Hikers descend a steep portion of the Camelback Mountain trail. THE ASSOCIATED PRESS

Rocks all around

Follow I-10 east more than 160 kilometres from Tucson, across desert so wide that the mountains look like they're hanging off a round horizon, like a child's drawing of the Earth. Then head toward the border to either Rock Hound State Park, in Deming, N.M., or Chiricahua National Monument, Ariz.

The park allows visitors to collect up to 15 pounds. The nearby Red Roof Rock Shop can saw them in two — $3 for a half-hour of work — to reveal gorgeous sparkling blue agate nestled against pale violet rhyolite, a type of rock known as a thunderegg.

At Chiricahua, a "sky island" mountain range emerges from the emptiness, its dense formations of eroded volcanic ash spires millions of years old stand like turrets on a sand castle. Starting from Massai Point, 2,094 metres high above the desert, hike down to Echo Canyon Grotto, amid pines and improbably perched rocks that seem ready for a Wile E. Coyote's push.

Snowy sand

Strolling from bright marker to marker across white dunes, the wind obliterates your footprints like you are in a blizzard. But a few tall, spiky yucca plants sprouting from the gypsum sand signalled that this was desert, part of 713 square kilometres of constantly shifting dunes at White Sands National Monument. The remote area sits in the middle of a missile range in southern New Mexico.

Endless white sand dunes stretch across the horizon at White Sands National Monument in New Mexico. THE ASSOCIATED PRESS

If you go ...

- **Picacho Peak State Park.** azstateparks.com/Parks/PIPE/
- **Saguaro National Park.** nps.gov/sagu
- **Bear Canyon Trail.** In Sabino Canyon, about 22 kilometres from Tucson, Ariz.
- **Rock Hound State Park.** Near Deming, New Mexico, about 160 kilometres from El Paso, Texas

Crawling up camelback

One of the most iconic Southwest hikes is smack in the middle of metro Phoenix.

The experience of clambering up the 824-metre Camelback Mountain starts with fighting for a parking spot and ends with the rush of bagging a genuine peak. Hikers use metal handrails in spots to pull themselves up the red rocks, which resemble the face and hump of a camel.

When you aren't climbing on all fours, take in the 360-degree views of distant mountain ranges and closer golf courses and pools, framed by tall saguaros, blooming and fragrant creosote, and orange poppy buds.

THE ASSOCIATED PRESS

Beyond the beach

Thrill-seekers travelling to the Dominican Republic have many options from which to choose. CONTRIBUTED

Dominican Republic. A great spot for eco-tourists looking for adventure

VAWN HIMMELSBACH
For Metro

The Dominican Republic is known for its pristine beaches and average annual temperature of 25 C. And its most popular destination, Punta Cana, has been master-planned with vacationers in mind.

While Punta Cana is home to luxury all-inclusives and boutique hotels with colonial charm, there is plenty of action off the resort.

The DR has partnered with the likes of The Nature Conservancy, The Smithsonian and the United Nations to create environmental protections, and much of its coastal areas are protected as national parks and reserves — so it's a great spot for eco-tourists looking to pursue adventure while preserving sensitive ecosystems.

Each winter, some 3,000 to 5,000 whales migrate to Samaná Bay — one of the first whale sanctuaries in the world. Whale-watching tours offer a chance to see humpback whales, which can grow up to 15 metres in length, from January to March.

If it's culture you seek, head to nearby Santo Domingo, one of the most cosmopolitan cities in the Caribbean. CONTRIBUTED

On land, head to the Indigenous Eyes Ecological Preserve, a private forest reserve where you can take a dip in one of 12 freshwater lagoons the Taino Indians call "eyes," which are believed to hold medicinal properties.

A new highway is also making it easier — and much faster — to reach other destinations on the island.

"You can take advantage of visiting more than one destination when you choose to go to Punta Cana," said Cosette Garcia, director of tourism for the Dominican Republic in Canada.

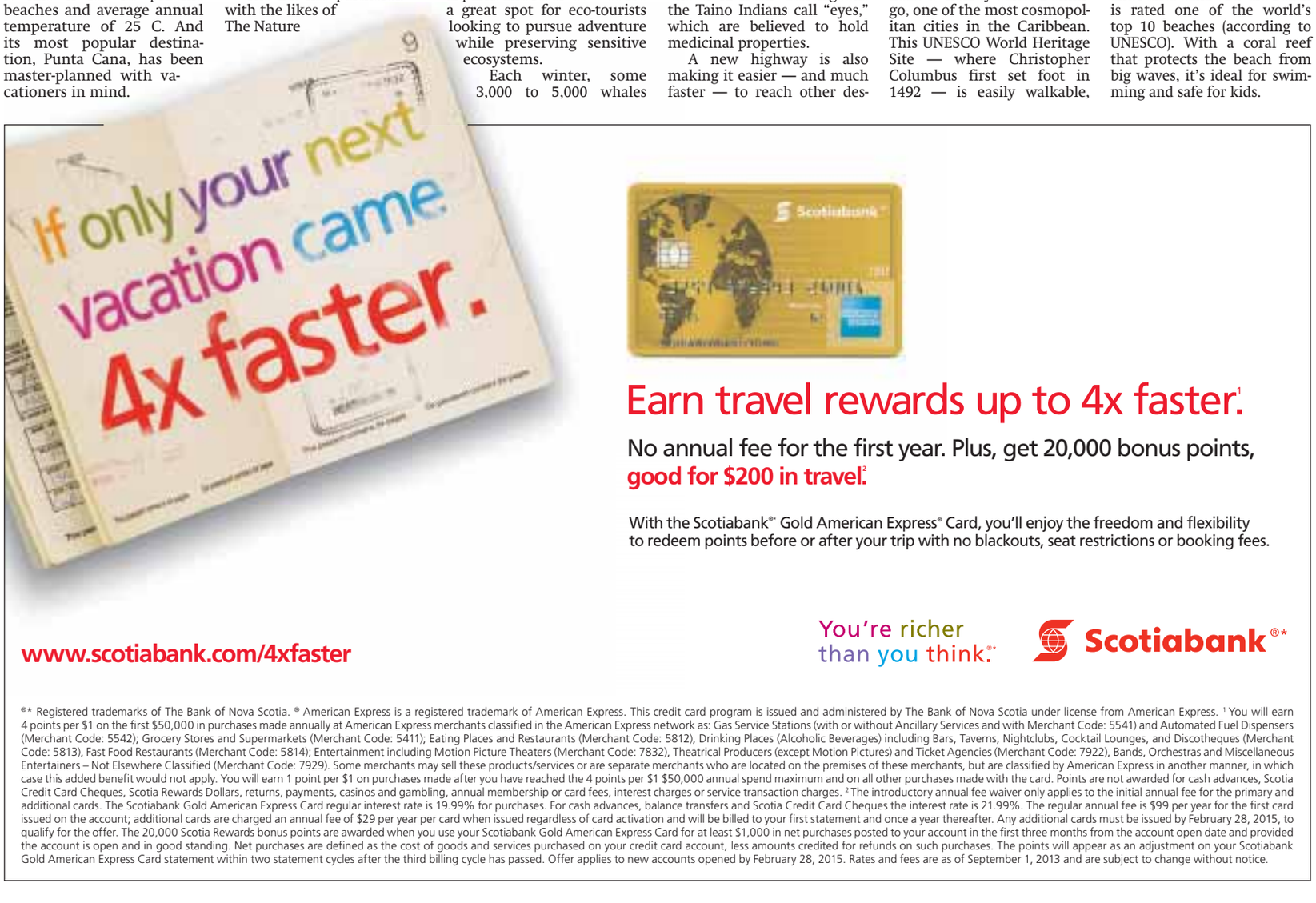
"I know how Canadians love to mingle with the locals, so they have that option."

If it's culture you seek, head to nearby Santo Domingo, one of the most cosmopolitan cities in the Caribbean. This UNESCO World Heritage Site — where Christopher Columbus first set foot in 1492 — is easily walkable, with colonial architecture, cobblestone lanes and iron street lamps.

No trip to the DR is complete without sun and sand, and Punta Cana's Bavaro Beach is rated one of the world's top 10 beaches (according to UNESCO). With a coral reef that protects the beach from big waves, it's ideal for swimming and safe for kids.

Day and night

- For thrill-seekers, Bavaro Adventure Park offers 1,100 acres of open-air adventure, from ziplining to "crazy ball zorbing" and "crazy jumper bungee trampolines." Or head to Dolphin Island Park, where you can swim with dolphins and sea lions in their natural habitat.
- Dance the night away at Imagine, a disco built into a cave. Be sure to sample the local beer, Presidente. Or try the popular Brugal rum, which is produced in the DR and uses traditional rum-making methods. But take it easy — it's strong stuff.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With the Scotiabank®* Gold American Express® Card, you'll enjoy the freedom and flexibility to redeem points before or after your trip with no blackouts, seat restrictions or booking fees.
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A workplace wardrobe that's winning

Career. Nobody wants to be that person who arrives overdressed on their first day — or even worse, underdressed

LAUREN MARINIGH
TalentEgg.ca

You don't necessarily have to be decked out in a suit in order to be considered a working professional. ISTOCK

Starting at a new job always raises a lot of questions — one of the most questions being: "What on earth do I wear?"

Most of the time, the human resources manager can let you know the dress code in advance, but it might be hard to know which outfits in your closet fall under the target category.

What is the difference between business casual and business formal? What is too casual for work? Don't worry — we have the answers to your fashion woes below.

Casual

Step aside, Casual Fridays.

The casual dress code is getting more and more popular today. It's most prevalent in smaller companies, often with a younger demographic.

If your workplace has a casual dress code, the outfits already sitting in your closet will most likely suffice.

But while casual can mean comfort, there are still standards and restrictions for what you can and can't wear in this category. Pants or jeans without holes work well, as well as most shirts that cover the shoulders (no tank tops!). Be sure you have a few go-to pieces: relaxed button up-shirts or blouses are great choices.

There is a lot of freedom with casual dress codes, but make sure you are aware of the rules that are still outlined and don't push it.

Business Casual

This dress code is probably the most confusing to understand. How exactly do you combine business and casual, and how do you make sure you're neither over- nor underdressed?

Business casual usually means that your employer wants a more laidback environment, but still want s everyone to look professional and put together.

For bottoms, khakis, corduroy, or dress pants are usually what fall into business casual. Button-up collared shirts can be worn without a tie, and golf shirts are usually allowed in the warmer months. For sweaters, make sure they fall under a cardigan category as opposed to casual.

The best part of business casual is there are probably a lot of clothes you currently own that you can dress up to be work appropriate.

A top that you may usually wear with jeans may look at lot dressier when worn with dress pants and a nice sweater.

Formal

Formal is the strictest dress code, and each workplace will enforce a different set of rules regarding it.

When it comes to a formal or professional dress code, think about what you would have worn for the interview. This is often the case for an office environment that deals heavily with clients: It's very important to maintain a professional image at all times.

Some workplaces require you to wear a full suit, where other workplaces may say that dress pants or skirts and a collared dress shirt with tie are acceptable.

A button-up collared shirt is always a safe bet.

The most important thing before your first day of work is to ask your human resources manager to describe the dress code in detail.

Some workplaces may have different guidelines for a certain dress code, so it's better to err on the side of caution.

And when in doubt, it's always safer to dress a little more formally.

As you begin to work in the new workplace, you will start to get a better sense of appropriate attire from what everyone else is wearing.

Best bets

1. Don't get too comfortable — steer clear of sweatpants, sweatshirts, and running shoes.
2. Avoid shirts that have inappropriate logos — small logos are fine, but make sure that any graphics on your clothing are not overwhelming.
3. Don't wear revealing clothing — low-cut tops, shorts, and mini-skirts all fall under the fashion faux-pas category.
4. Keep your shoulders covered — no tank tops or spaghetti straps. When in doubt, cover up with a sweater or jacket
5. Think about your shoes — avoid flip-flops or other open-toed shoes.

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There are some truly amazing applications out there that can simplify your professional life and boost your productivity. If you're wondering which apps to try, give some of these a go — they can help you to stay organized, keep you on schedule, and more. And best of all, they're free!

RIANA TOPAN
TalentEgg.ca

For storing and sharing files

When you need to store or share particularly large files (think photos, videos, presentations and artwork), try Google Drive. Though you need a Google account to set up your own drive, you can upload and share files with anyone regardless of whether or not they have an account. You can set up folders to organize your documents and decide who you want to give access to. The app is especially helpful for working on group projects, since you can all work off of the same document simultaneously.

For emails

We all feel inundated by emails at one time or another. Mailbox is highly recommended by many for helping you to deal with emails easily. The app allows users to quickly swipe messages to move them into a different folder, and actually learns from your actions to automate your most common ones. Plus, you can hit the snooze button to temporarily dismiss emails that aren't very important in the moment. An email app like Mailbox can help you to quickly clean out your inbox, eliminating the anxiety that often accompanies a slow but steady rise in the number of new messages sitting in your inbox.

For scheduling

Cal, an app available on both iPhones and Android devices, is both fun and functional. It works as an agenda and event planner and will sync with an existing Any.DO task list. It will also remind you about friend's birthdays and looks nice to boot. Having a schedule with all of your events, meetings and deadlines in one place is extremely helpful for helping to you manage your time well. You'll start each day off with a fresh list of your scheduled activities, ensuring that you don't forget about an important appointment until the last minute.

For note taking

Evernote is one of the most popular apps out there for taking, organizing and sharing notes. Users like this free app because it allows you to jot down notes of any length, categorize them by topic, add photos and attachments and easily find notes you've already written. Plus, it syncs your work across all of your devices so you never have to worry about not having access to your files whenever you need them. If you're constantly jotting things down on scraps of paper and end up scrambling to find them, Evernote may be just what you need.

For work/life balance

All work and no play is never a good idea. A great app for ensuring that you're making time for important things outside of work is Balanced. This app allows you to pick which activities you want to prioritize and set reminders for how often you want to complete them (like exercising, seeing friends and working on hobbies). It's a useful tool for reminding you to be more mindful and motivating you to achieve your personal goals. Not only do apps like Balanced encourage you to take control of what's important to you, they also help you to become happier and more fulfilled.

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Red River College | School of Continuing Education

Effortless meal that defines sophistication

Dinner. Stuffed Turkey Rolls with Pasta Sauce take only half an hour to make but are fancy enough to serve up at your next dinner party

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four to six. ONTARIO TURKEY

Growing up in an Italian family, I have always enjoyed scallopini.

With the great variety on the market, choosing lean turkey scallopini is an easy way to add a fancy factor to your meal routine.

I developed this recipe based on the version my Nonna made when I was growing up. It's easy to put together with big garlic and herb flavour.

Using lean turkey breast scallopini allows you to cook it quickly to enjoy right away or pack away for an awesome lunch tomorrow!

A simple Italian filling of garlic, parsley and cheese fills the turkey scallopini to add flavour to the pasta sauce and makes a homey winter meal.

The pasta sauce aroma filling the kitchen will have your family running to the table.

Be sure to have a chunk of Parmesan to sprinkle over top of the pasta before serving.

Ingredients

- 1 lb (500 g) turkey breast scallopini
- 1/2 tsp (2 ml) ground pepper
- 1 tsp (5 mL) salt, divided
- 8 cloves garlic, minced
- 1/2 cup (125 ml) chopped fresh parsley
- 1/3 cup (75 ml) fresh grated Parmesan cheese
- 1 tbsp (15 ml) extra virgin olive oil
- 2 shallots, finely chopped
- 1 tsp (5 ml) dried oregano leaves
- 1/4 tsp (1 ml) hot pepper flakes
- 1 jar (660 ml) tomato passata
- 2 sprigs fresh parsley
- 1 sprig fresh basil
- 1 pkg (375 g) whole wheat or gluten free penne pasta

Directions

1. Lay scallopini out on work surface. Sprinkle them with pepper and half of the salt.

2. Divide garlic, parsley and cheese between scallopini. Roll up each one and secure with a toothpick or kitchen string.

3. In a deep skillet, heat oil over medium-high heat. Brown turkey rolls, remove to a plate.

4. Return skillet to medium heat and cook shallots, oregano and hot pepper flakes for 3 minutes or until softened. Add passata, parsley, basil and remaining salt; bring to a simmer. Add turkey rolls and any accumulated juices. Cover and simmer for about 15 minutes or until turkey is tender and no longer pink inside.

5. Meanwhile, in pot of boiling salted water, cook pasta for about 8 minutes or until tender but firm. Drain well and return to pot.

6. Remove turkey rolls from sauce and pour sauce over pasta and toss to combine. Serve with rolls.

Double up the meat and skip bread

This recipe makes four roll-ups. MATTHEW MEAD/ THE ASSOCIATED PRESS

Here is an alternative to the typical sandwich — colourful veggie-protein rolls that are light, yet still substantial.

Modelled on a sushi roll, you simply swap out the rice for quinoa, and the fish for turkey.

By now, most folks have heard of quinoa, an ancient grain-like seed. It's not only a protein-rich food, it's also gluten-free and a terrific source of many nutrients, including fibre. But flavour-wise, quinoa isn't exactly a powerhouse. So adding lemon juice and olive oil makes it tastier.

This lunch roll is formed with a double layer of sliced turkey breast, which ensures that it won't fall apart. Lean roast beef would perform the same task, if that's more your style.

Here it's filled with carrots and red peppers, but any vegetables cut into thin strips will do. Likewise, you can substitute the lettuce of your choice for the spinach.

1. In saucepan, bring broth to boil. Add quinoa, return to boil, cover and cook over medium heat until quinoa has absorbed broth, 12 minutes. Remove from heat, stir in lemon juice and olive oil, then fluff with fork. Cover and let cool to room temperature before assembling the rolls.

2. On cutting board lay out 4 turkey slices. Top each one with second turkey slice to make double layer. Spread 2 teaspoons mayo on top of each double layer, then spread quarter of spinach on top of mayonnaise. Mound quarter of quinoa on top of spinach, spreading within 1/2 inch of edges.

3. Arrange several red pepper and carrot slices crosswise down middle of roll. Starting with the short side of each turkey stack, roll up turkey tightly to enclose the filling. Cut each roll crosswise into 4 rounds and arrange the slices, cut sides up. THE ASSOCIATED PRESS/SARA MOULTON

Ingredients

- 1/2 cup low-sodium chicken broth
- 1/4 cup quinoa
- 1 tbsp lemon juice
- 1 tbsp extra-virgin olive oil
- 8 deli slices (about 8 oz) fresh or smoked turkey
- 3 tbsp plus 2 tsp light mayo
- 1 cup (1/2 ounce) baby spinach
- 1/2 red bell pepper, cored and cut into 1/8-inch-thick strips
- 1 small carrot, cut into 1/8-inch-thick strips

AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

NFL

Juror dismissed in Hernandez trial

The judge overseeing the murder trial of former New England Patriots player Aaron Hernandez removed a juror Tuesday, saying there was evidence she had spoken about the case in previous years and had an early interest in being seated on the panel.

Bristol County Superior Court Judge Susan Garsh dismissed the juror after questioning her individually and closing the courtroom to hear evidence on the matter.

THE ASSOCIATED PRESS

Golf

Caddies sue PGA Tour over logos on their bibs

A group of PGA Tour caddies sued the PGA Tour in federal court Tuesday for making them wear bibs that have the logo of the tournament sponsors without sharing in what it estimates as $50 million in endorsement revenue.

The class-action suit on behalf of 81 caddies was filed in San Francisco, where former UCLA basketball star Ed O'Bannon successfully sued the NCAA for keeping college players from selling their marketing rights. THE ASSOCIATED PRESS

NBA

Oden gets deal on battery charges

Former NBA No. 1 draft pick Greg Oden has struck a plea deal with prosecutors to settle battery charges involving a former girlfriend.

The Indianapolis Star reported Tuesday that Oden pleaded guilty in December to felony battery with moderate bodily injury while three other charges were dismissed. Oden was arrested in Lawrence, Indiana, last August after allegedly punching the woman in the face.

Court documents say a judge fined Oden $200 and ordered him to complete 26 weeks of domestic violence counselling, alcohol counselling and 909 days of probation. A no-contact order also was put into place.

THE ASSOCIATED PRESS

Kane a healthy scratch as Jets try to avoid fifth straight loss

Winnipeg Jets centre Jim Slater, top, puts Vancouver Canucks left-winger Ronalds Kenins into the boards during the first period Tuesday night in Vancouver. Evander Kane was a healthy scratch for the game. The Jets had lost four straight in regulation heading into the game at Rogers Arena, with Kane a combined minus-7 to go along with no points over his last three outings.

JONATHAN HAYWARD/THE CANADIAN PRESS

Police say Armstrong let girlfriend take blame

Crime. Anna Hansen reportedly admits she lied to save cyclist from media scrutiny

Aspen police cited Lance Armstrong with failing to report an accident and speeding. GETTY IMAGES FILE

Disgraced cyclist Lance Armstrong hit two parked cars after a night of partying in Aspen but agreed to let his longtime girlfriend take the blame to avoid national attention, police reports show.

Aspen police cited Armstrong with failing to report an accident and speeding weeks after the Dec. 28 accident, but only after his girlfriend, Anna Hansen, admitted to lying for him.

Armstrong declined immediate comment, and his attorney, Pamela Mackey, didn't immediately return a call.

Hansen initially told police she had been driving home from an Aspen Art Museum party when she lost control of Armstrong's GMC Yukon on the icy roads, hitting the cars. She said she drove because "Lance had a little bit to drink," according to the reports.

A man who had been renting one of the damaged cars told a police detective that Hansen came running up to his house in high heels, apologizing and promising to pay for the repairs.

"She said, 'I'm Anna, we're the Armstrongs, my husband's Lance, he was just driving maybe too fast around the corner or something,'" the man told police, according to the reports. He called 911 to report a hit-and-run. Hansen and Armstrong left the scene before police arrived.

Detectives later interviewed Hansen, who eventually told them Armstrong was driving, but they had both decided to let her take the blame.

"We've had our family name smeared over every paper in the world in the last couple of years and honestly, I've got teenagers, I just wanted to protect my family," Hansen told police. "I thought, gosh, Anna Hansen hit some cars, it's not going to show up in the papers, but Lance Armstrong hit some cars, it's going to be a national story."

Failure to report an accident is a misdemeanour punishable by up to 90 days in jail and a fine of between $150 and $300. Driving too fast for conditions is punishable by a fine between $15 and $100.

Hansen is not charged with a crime.

The Aspen Daily News first reported the citation.

Armstrong won the Tour de France every year from 1999 to 2005. Those titles were stripped after a massive report by the U.S. Anti-Doping Agency detailed the use of performance enhancing drugs by Armstrong and his U.S. Postal Service teammates. THE ASSOCIATED PRESS

4 SPORTS

2015 Mazda3 Sport

- **Type.** Five-door, FWD, compact hatchback
- **Engines.** 2.0-litre I4 (215 hp), 2.5-litre I4 (184)
- **Transmissions.** Six-speed manual, six-speed automatic
- **Price.** $17,690 base, $30,490 as tested

Market position

The Mazda3 is a perennial top-five seller in Canada, and Mazda's top model. It is available in three trims (GX, GS, GT), and as sedan or hatchback. It is positioned as a better-looking compact-car alternative that is also more fun to drive.
• Includes Mazda's Sky-Active technologies for better fuel efficiency.

Points

• New-generation Mazda3 was introduced for 2014.
• Voted Best New Compact Car Under $21,000 by the Automotive Journalists Association of Canada.
• A manual transmission can now be paired with the larger 2.5-litre engine.
• Attractive styling formed from Mazda's Kodo 'soul of motion' design language.

The swoopy design does infringe on the cargo area and rear seats.

Notable features

• The optional Technology package on the automatic GT includes i-ELOOP regenerative braking, Smart City brake support, auto-levelling headlights, and warning systems for lane departure, rear cross traffic and blind spots.
• The GT is also available with 18-inch alloy wheels, voice-activated navigation, and a heads-up display.

Fun, practical and gorgeous, too

PHOTOS: MIKE GOETZ

Review. Curvaceous new Mazda3 hatchback is almost as much fun to drive as it is to stand back and admire

MIKE GOETZ
drive@metronews.ca

Debuting in 2014, the striking new Mazda3 is a revelation: The hatchback version, known as the Mazda3 Sport, is just as beautiful as the sedan.

The compact hatchback has long delivered a lot of versatility, space and value for its size. Now, Mazda has demonstrated it can be beautiful, too.

The new Sport also offers a great handling package; a modern interior with a full suite of gizmos; and decent get-up-and-go and fuel efficiency.

For 2015, Mazda fixed the one item that irked faithful fans about the new model, or at least those who prefer sportiness and driver involvement. It finally made the six-speed manual transmission available with the larger and more gruntful 184-hp 2.4-litre engine. Last year, manual was only available for the 2.0-litre base engine.

A six-speed manual GT ($26,995) was our test model for the week. Add in the special Soul Red Mica paint job ($300), the Luxury package ($1,500) and $1,695 for freight and delivery, and the total price was $30,490.

Now you might be saying, "I could buy a midsize sedan for that much money," and you'd be right. But maybe a premium hatchback is exactly what you're looking for.

Although you can find hatchbacks with bigger power numbers, the quality of power delivery in the GT will keep you satisfied. The excellent throttle response is such that your right foot is always happy and in control, no matter what the conditions. And the six-speed manual and clutch are both smooth and lovely to manipulate.

The front seats are well sculpted for comfort, but may be a bit low for some drivers.

The overall ride is on the firm side, and contributes to a bit of road noise coming into the cabin. But if you can live with that, the Mazda3 really rewards the driver — few mass-market compacts are this much fun to drive.

The console-mounted HMI Commander master control knob is Mazda's new way of helping you navigate everything on the display screen. Although it is intuitive, I don't think it's the ultimate solution.

But all automakers are struggling to keep their interfaces easy to use while adding all the new stuff we need to interface with.

And, unfortunately, Mazda's best high-tech features — including i-ELOOP and the safety monitoring systems — are reserved for the automatic-transmission GT model and its exclusive Technology package (four grand more than our test car).

The front seats are well sculpted for comfort, but may sit a bit low for some drivers. The back seats are comfy, too, although the rear passengers and cargo area do feel the pinch of the swoopy new exterior design.

But the Mazda3 Sport GT manages to check almost every other box for adventurous drivers, and looks very good doing it.

Compare

1 Ford Focus hatch
Base price: $21,364
Fun to drive, cozier back seat.

2 Subaru Impreza hatch
Base price: $22,490
Good all-rounder, and with all-wheel drive.

3 Hyundai Elantra GT
Base price: $20,044
Impressive combination of style and technology.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Some things can be explained purely by logic but what you have to deal with today will require you to use your intuition. The first explanation that pops into your head is likely to be the right one.

♉ Taurus
April 21 - May 21
You will take risks purely for the fun of it today. The good news is you will win nine times out of ten, and when you do lose it will only be a minor setback.

♊ Gemini
May 22 - June 21
You have done plenty of thinking and planning, now you must act. Don't be half-hearted about what needs to be done.

♋ Cancer
June 22 - July 23
Try things you would not normally attempt today. The results could be spectacular or spectacularly disappointing but that is a risk worth taking.

♌ Leo
July 24 - Aug. 23
The pressure will be on today but that's OK because no one handles it better than you. When the going gets tough the tough get going and one way or another you will go far over the next few days.

♍ Virgo
Aug. 24 - Sept. 23
You seem to be in two minds about what you should do. That is nothing unusual but today is different because you have to make a quick decision.

♎ Libra
Sept. 24 - Oct. 23
If you start something new today you must expect it to take up a lot more time and energy than you expected. It means you'll have less time and energy to waste on trivial things.

♏ Scorpio
Oct. 24 - Nov. 22
You may not want to do what a friend wants you to do today but if you are smart you will go along with their plans. A few days from now the roles will be reversed and you will be the one in need of support.

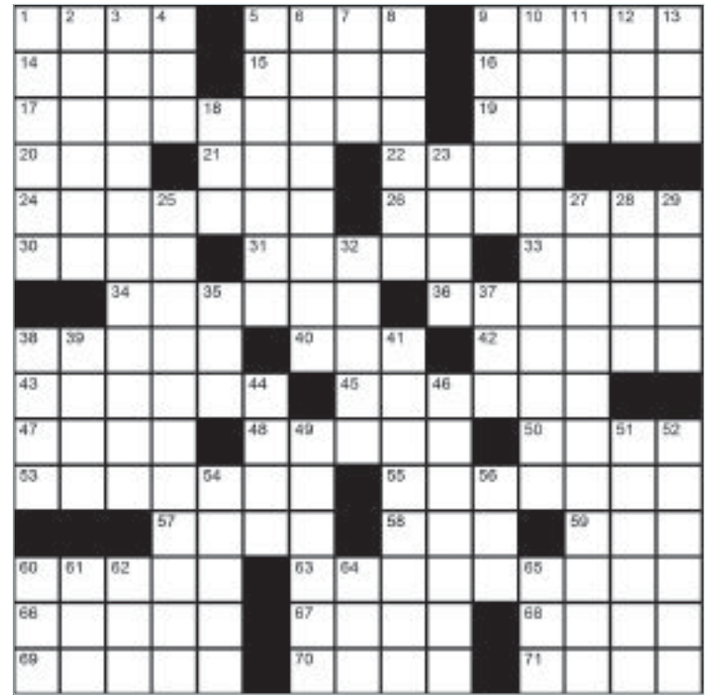
♐ Sagittarius
Nov. 23 - Dec. 21
Life is too short to worry about what other people think of you, so follow your desires come what may. You have played by the book far too often of late.

♑ Capricorn
Dec. 22 - Jan. 20
Do not allow yourself to get dragged into a dispute between friends or colleagues. Even if you get involved out of good intentions you are likely to make an enemy.

♒ Aquarius
Jan. 21 - Feb. 19
You are in a determined mood and anyone who thinks they are tough enough to take you on is making a big mistake.

♓ Pisces
Feb. 20 - March 20
The only thing you're interested in now is the truth and you will do whatever it takes to get it. Maybe that is why certain people look so worried.

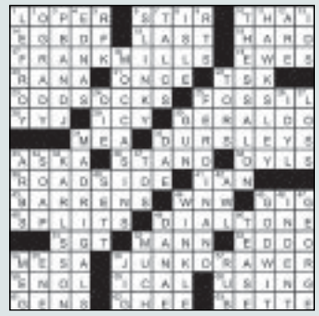
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Puppy's fun move
5. Theatre award
9. Artificial sweetener brand
14. Miss
15. The __ Shoe Museum, in Toronto
16. Director Sidney
17. Real life Montreal lunch counter in The Apprenticeship of Duddy Kravitz
19. Main meanings
20. __ Young Band
21. Shoe width size
22. Manitoba: West-of-Winnipeg town
24. Stretches
26. Alberta town; or, British car
30. King __ (Shakespeare tragedy)
31. Uncle __ (Anton Chekhov play)
33. Non-meat-eater's org.
34. In a fine way
36. Atomic Number 16
38. Type of headscarf
40. 'Ether' suffix
42. __-A (Skincare product)
43. Complainer
45. Canadian food retailer
47. Atkins = Low-__ diet
48. "_ __ it my all."
50. Commands to attack dogs
53. Posh cues game
55. Devoured: 2 wds.
57. "Are ___ longer a couple?" (What's our status?)
58. Traveller's wee way
59. Mop & __ (Floor cleaner)
60. Sci-Fi weapon, __ ray gun
63. Religious region in the South in the USA: 2 wds.
66. Cross with: 2 wds.
67. "...friend or _ __?"
68. Rocker Mr. Michaels
69. Wheat __ (Nabisco crackers)
70. Nobleman's negatives
71. "Woodstock" gr.

Down
1. Flourish: 2 wds.
2. One of The Dionne Quintuplets
3. The Snows of __ (Ernest Hemingway story)
4. Summer: French
5. Closely watch
6. Pies and cookies event: 2 wds.
7. 'Human' suffix
8. Slip past: 2 wds.
9. Port __, Ontario
10. Library request: 2 wds.
11. Speech-maker's stumbles
12. At the age of, in Latin [abbr.]
13. Some officers, briefly
18. Social pages word
23. Ms. Thompson's
25. Mayor of Winnipeg: 2 wds.
27. Some hockey forwards: 2 wds.
28. Lovely kit
29. Knitting supply
32. Antelope variety
35. UK honour [acronym]
37. Website
38. RCN ship designation
39. Mr. Gruffudd
41. "Turn Me Loose" Canadian band
44. Nothing: French
46. Fab Four
49. Josh of song
51. Canadian actor Sean
52. Uneven
54. Odes-creator John
56. Putter's peg
60. Intl. clock standard
61. Ooh and __
62. Gladiator's 1501
64. "... __ _ woodchuck could..."
65. Cable channel, _ _ _ Canada

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		6	5					
	9		1					
4				9				5
6	7	2			8	4	9	
		5						8
		3						2
		7	9	4	5	2	8	3
		9		7		5		6
		4		6		1		9

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Yesterday's Sudoku

9	5	6	1	8	2	3	7	4
8	4	1	7	3	5	2	6	9
3	7	2	6	4	9	8	5	1
1	8	3	2	7	4	5	9	6
4	2	5	9	6	1	7	8	3
7	6	9	3	5	8	4	1	2
2	9	4	8	1	7	6	3	5
5	3	7	4	9	6	1	2	8
6	1	8	5	2	3	9	4	7

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